

It's All About Families

WIC Family Centered Education (FCE)

May 2003 Newsletter



We're Working ... with Others

We are pleased to announce that the following agencies were given extra funding for the next six months to expand FCE by working with others in their communities.

Monterey County-Planting a Love a Reading through a Summer Reading and Gardening program in coordination with Public library and Parent Center of an Adult School; FITWIC the FCE way

Northeast Valley Corporation- Coordination with Head Start with a nutrition and physical activity focus

Public Health Foundation Management Solutions-Coordination with School District and Cooperative Extension; exploring ways to include FCE in individual education

Riverside County Community Health Agency- Working with Head Start for training parents, expansion of library coordination, education focus on healthy eating for high risk children

San Mateo County Health Services- Coordination with the county library for WIC reading centers

Sonoma County Department of Health Services- Coordination with a children's center to promote weaning from bottle and dental health

Keep us posted on what you're doing so we can share with others!

CA FCE Goes Web Wide

Our FCE lesson plans, handouts, recommended nutrition books, and the pilot report are all a click away under What's New section –Family Centered Education.

www.wicworks.ca.gov

Keeping Up with Team Nutrition

Team Nutrition has Preschool Newsletters that feature simple ideas for physical activity, snacks and choosy eaters.-might be useful for FCE.

www.fns.usda.gov/tn/Resources/nibbles.html

Texas WIC Lessons Plans

Topics include breastfeeding, picky eaters and lunch; they feature a book. Available in Spanish.

www.tdh.state.tx.us/wichd/nut/chlessons-nut.htm

Farmers' Market Education- Becomes Family Centered

We are field testing a new FCE lesson plan-Eating the Rainbow...at the Farmer's Market. Features "Market Day" book and family activities with the many colors of fruits and vegetables from Farmers' Markets.

The Five A Day page has a lot of nutrition activities related to Rainbow on Your Plate

<http://www.5aday.com/>

Free food photos from USDA-go to office of communication and click on photos here.

<http://www.usda.gov/newsroom.html>

Also click on the links for pictures

http://www.sasked.gov.sk.ca/curr_content/AELifeSkills/LifeSkills18/NutritionModule18/

Children's books

<http://www.msue.msu.edu/fnh/tn/Booklist.pdf>

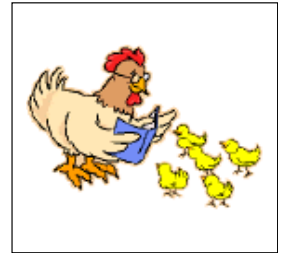
<http://outreach.missouri.edu/fnep/childrensbooks.htm>

Please contact us any time!

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California WIC Program, Nutrition Education and Training Section

Including the Community ***Literacy with a Nutrition Flavor***



Children's nutrition published books- Encourage children to make their own book, using a nutrition or health theme. These books can include an "about the author" section and a comment page for parents and visitors to use in responding about the book. Children who want ideas can be encouraged to retell a traditional story, such as The Little Red Hen, The Hungry Caterpillar or Gingerbread Man. Parents can take their children's published books to the doctor's and dentist's offices. Local residents read the latest children's works and sign their name and responses on the last page.

Supermarket Connections- Work with a local grocery store to feature a nutrition book that has a recipe. The store displays the ingredients and the book. Give out the recipe and information to WIC participants who can redeem "book" coupons at the store.

Nutrition Literacy Fairs-The next time your community has a health or literacy fair, gather some good examples of nutrition picture books to showcase. Bring along some handouts giving suggestions on how to use these books in other activities, such as cooking or art.

Nutrition Olympics- Have you heard about the Nutrition Olympics? It is an event that has nutrition-related games such as a strawberry relay races, coconut bowling, pepper tosses and other hands on activities that encourage families to enjoy healthy foods. The Health Education Council in Sacramento can provide information. Call them at (916) 556-3344.

Nutrition Bulletin Board- Invite children to share pictures and drawings from children related to nutrition. Have a theme- such as vegetable of the month.

Family Food Banner- Provide kits for the family to take home to make a banner. The kits could contain nutrition stickers, fabric, glue, markers and other materials at a cost of about \$1-\$2. Encourage the family to feature their culture by including favorite foods. The family designs their own banner, which is displayed at the WIC clinic, library or family picnic.

